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DOUBLE BOILER FROSTING

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Would you like to know how to make cake frosting that never goes wrong? Agriculture

"Double boiler" icing is recommended by the Bureau of Home Economics of the U.S.

Department of Agriculture, because results are so uniform. The tender crust is crisp and glazed, while underneath it the frosting is soft, light, and moist. Various flavors may be used. For spreading the frosting use a broad thin knife or spatula dipped in hot water. If you want to ice the cake on the sides, add half as much again of each ingredient.

Vanilla Frosting

1 cup sugar

1/8 teaspoon salt

4 tablespoons cold water

1/2 teaspoon vanilla

1 egg white

Put the sugar, water, and unbeaten egg white into the upper part of the double boiler, and have the water in the lower part boiling. Commence beating the mixture with a Dover beater at once and beat constantly while it cooks for about 10 minutes. It should then look like ordinary boiled icing and should be almost thick enough to spread. Take it from the stove, add the vanilla, and continue to beat until it has thickened and holds its shape on the beater. If the frosting is not sufficiently cooked, place it in the double boiler and recook for a short time; or if it is too stiff, add a small quantity of water and cook again. This is sufficient to ice a two-layer cake and should not be put on until the cake is cold. After the vanilla frosting has set, unsweetened chocolate may be melted and poured over the top in a very thin layer.

For chocolate frosting, break two or more squares of unsweetened chocolate into the vanilla frosting, just before it is ready to remove from the stove. Beat until the chocolate melts and the frosting becomes thick, remove from the stove, add the vanilla and continue until of the right consistency to spread.

For Lord and Lady Baltimore cake fillings add chopped fruits and nuts to vanilla frosting. Make twice the recipe for vanilla frosting, and to half of it add 1 cup of any desired combination of the following; Chopped raisins, dates, figs, candied cherries, candied grapefruit or orange peel, candied pineapple, and chopped blanched almonds, pecans, or other nuts, and 2 teaspoons of lemon juice. Spread this fruit mixture between the layers of the cake and ice the top with plain vanilla frosting. Before the frosting hardens sprinkle more of the candied fruit and nuts over the top.

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